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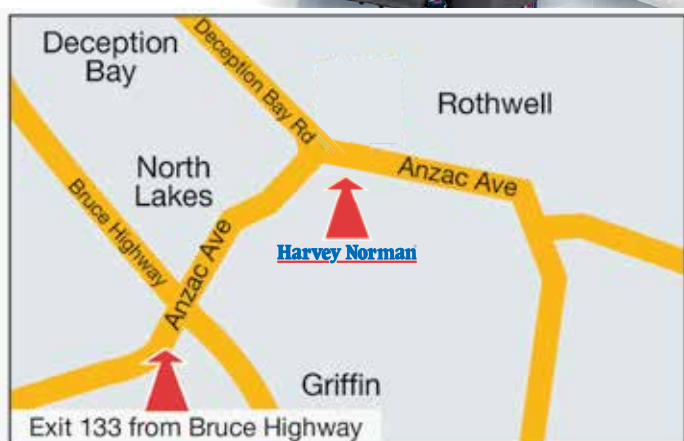
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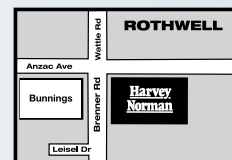
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For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: **adz@northlakesmessenger.com.au**

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

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For the Community Notice Board and Your Say please email: **community@northlakesmessenger.com.au** observing the requisites and disclaimers printed on their relevant pages.

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By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and emerging.

The lifestyle you were promised... ...is about to disappear.

SAVE NORTH LAKES GOLF COURSE FROM HIGH IMPACT DEVELOPMENT

The recent proposal to redevelop the North Lakes Golf Course has caught many residents by surprise. The removal of the golf course severely undermines the investment and lifestyle we have made in the North Lakes area.

WHAT CAN YOU DO?

1. Join "Save North Lakes Golf Course" Facebook Page.
2. Your voice is important so actively participate.
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KARAKORUM: A MEDIEVAL MUSICAL JOURNEY

A Medieval Monk's epic odyssey to be brought to life next week by David Wenham, the Brandenburg Orchestra and La Camera delle Lacrime

If you've never heard the word *Karakorum* before, you're not alone, neither had acclaimed Artistic Director Paul Dyer when he first saw the epic performed by La Camera delle Lacrime in France's Auvergne region and was immediately blown away.

"They had put together this amazing story about a monk who had travelled to France right through Russia, Constantinople and middle eastern countries to Mongolia and encountered all these amazing experiences along the way," Mr Dyer told the Messenger.

The ancient journey is said to have taken 3.5 years there, and 3.5 years back and the monk kept a diary.

"The diary was written in French, and was scripted by a young guy straight out of NIDA (Michael Costi) and I've asked the very famous Australian David Wenham to narrate the story in English rather than French."

The version we're going to see at QPAC's Concert Hall next week is re-imagined for Australian audiences and Brisbane will be transported to the mystical realm by a narration by superstar David Wenham, Ensemble La Camera delle Lacrime from France and The Australian Brandenburg Orchestra & Choir.

"Karakorum is absolutely ancient yet altogether new," Mr Dyer said about the show.

"The music we're going to hear is reflected in the emotional journey of the monk travelling through strange times, and cultures reflecting his experience."

France's La Camera delle Lacrime will perform on an array of rare and ancient instruments, including the erhu (a Chinese two stringed fiddle), kamanche (an Iranian bowed string instrument), cornamuse (a double reed instrument dating from the Renaissance period) and a vielle à roue (a French hurdy gurdy).

"Karakorum had me hooked from the first moment, So I invited [La Camera delle Lacrime] to come to Australia and do a kind of coproduction."

"I'm treating it like a journey of one man, a diary of a man from hundreds and hundreds of years ago, it's a very unusual experience of hearing ancient instruments in various modes, a cross-culture of musicians, in a very theatrically driven way."

"It's an interesting look at world views and exploration of why we believe the things that we do," Mr Dyer said.

The Australian Brandenburg Orchestra began in 1989 and have since won five ARIA awards and, collaborated with some of the world's leading talents, and performed more than 1,000 concerts nationwide under Co-Founder & Artistic Director Paul Dyer.

The Brandenburg Choir was established a decade later in 1999 and have become a popular and regular part of the Brandenburg year.

Karakorum: A Medieval Musical Journey will bring this ancient-yet-new medieval musical journey to Brisbane for one night only August 7 at QPAC's Concert Hall. More info and tickets via www.brandenburg.com.au



La Camera delle Lacrime. Photo by Kai-Duc Luong



David Wenham



In concert by Daniel Aimé



Karakorum's Australian Brandenburg Orchestra members



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Leaving the frustrations of corporate life behind, North Lakes local Chris Wilkinson recently joined Hire A Hubby, the country's largest handyman network, opening a brand new franchise operation in North Lakes.

As a licensed builder with Hire A Hubby (QBCC Act Licence No.: 15092835), Chris offers all types of home maintenance and repairs – from prep for sale work and carpentry, through to painting, plaster repairs, roofing and fencing. Hire A Hubby offers a 100% workmanship guarantee and police checks all staff – ensuring customers can trust they will receive the highest quality service.

Prior to joining Hire A Hubby, Chris worked as a Business Manager in transport and logistics for 12 years. Building and renovation has always been a passion – Chris and his wife Tracey have built four homes – and Chris is excited to turn that passion into his very own business.

Over time, Chris hopes to expand the business into another territory and grow his team. His extensive business experience will put him in good stead to make that dream a reality.

Chris has lived in North Lakes for over a decade and has three children aged 15 to 25. Community minded and a supporter of North Lakes local business, Chris is looking forward to joining his local business community and helping

customers achieve their renovation and property maintenance goals.

Chris at Hire A Hubby North Lakes can be contacted on **1800 803 339** or by visiting www.hireahubby.com.au/qld/north-lakes



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**WELCOMING BABIES IN NORTH LAKES**

Babies will be the guests of honour at the Second 'Welcome Babies' event to be held at the North Lakes Sports Club on 16 August 2018.

Chris Whiting MP will be hosting the annual event and is inviting parents of children up to one year old to sign up for this family-friendly event.

"We hold citizenship ceremonies for people taking up Australian citizenship and I think it's only fitting we do the same for our newborns," Mr Whiting said.

New parents with a baby or babies under one year old, living in the Bancroft electorate are welcome to this free event.

On the day there will be entertainment, food, drink and the ever-popular face painting for the kids.

Part of the celebrations will include valuable information for new parents from local businesses, community groups and government departments with a visit from Minister for Child Safety, Youth & Women, Di Farmer MP.

"The Minister will present every baby in attendance with their own special 'welcome' certificate!" said Chris Whiting.

Free tickets are strictly limited and must be pre-booked via www.trybooking.com/400746 to secure your tickets.

For further information, get in touch with Chris Whiting's office on 3448-2100, or bancroft@parliament.qld.gov.au

Mongrel Mob to be outlawed in Queensland

MONGREL MOB TO BE OUTLAWED IN QUEENSLAND

A gang originally founded in New Zealand and often described as one of the most fearsome in the world, Mongrel Mob, will be declared an 'identified organisation', as part of the Government's crackdown on organised crime in Queensland.

The classification, acting on Police evidence of Mongrel Mob activity in Queensland is to prevent the group from establishing a foothold in the state.

There are currently 28 similar entities already declared as identified organisations. The declaration under the Liquor Regulation 2002 activates the Serious and Organised Crime Legislation Amendment Act 2016 laws which include a consorting offence, Public Safety Orders, a serious organised crime circumstance of aggravation, Organised Crime Control Orders, the banning of the visible carrying or wearing of outlaw motor cycle gang 'colours' in all public places, offences and increased penalties for child sexual exploitation offending, sophisticated financial crimes and drug trafficking and enhancements to police powers.

USC CABOOLTURE OPEN DAY

Following the University of the Sunshine Coast's recent annual Open Day at Sippy Downs, USC has a more local Open Day planned for this weekend.

The Open Days all the information they need to make the most of their university experience. Visitors are encouraged to chat one-on-one

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with academics about the wide range of study programs and sat in on real first-year lectures to see what university life is like.

USC's Open Day is on Sunday 5 August at its new campus at Tallon Street, Caboolture. More details at www.usc.edu.au/open-day

MURDER CHARGE, MANGO HILL

Detectives have charged a man with murder following the death of a 41-year-old man in Mango Hill last Friday.

Emergency services were called to a unit complex on Brushwood Court at around 8:40pm following reports a man had been stabbed. On arrival officers located a man with wounds to his abdomen. Emergency services attempted CPR however the 41-year-old Deception Bay man was later pronounced deceased at the scene.

A 36-year-old man located at the scene was taken into custody without incident. The two men were known to each other. A 36-year-old Mango Hill man has been charged with murder and appeared in Brisbane Magistrates Court last Saturday.

If you have information for police, contact Policelink on 131 444 or provide information using the online form 24hrs per day.

GET SNAP-HAPPY IN BRISBANE

Brisbane's budding photographers are being encouraged to grab their cameras to capture and share their best images in celebration of our lifestyle, people and places as part of the Lord Mayor's Photographic Awards 2018.

Students and emerging photographers would have the opportunity to submit their original images of Brisbane's unique character, hidden gems and local features for a chance to win a share of \$14,000 in prizes.

For the first time this year, as part of the seventh annual Lord Mayor's Photographic Awards, entries can be submitted through Instagram using the tag #LMPA2018.

Prizes on offer this year include \$5000 for the winner of the Open category, \$2000 for the Open category first runner-up, \$1000 for the Open category second runner-up, \$3000 for the Student category and \$2000 for the People's Choice Award.

Photographers have the chance to capture and share their images until Wednesday 8 August 2018. For more information about the Lord Mayor's Photographic Awards, visit brisbane.qld.gov.au or call BCC on (07) 3403 8888.

REDCLIFFE GARDEN & LIFESTYLE EXPO

This Sunday the Redcliffe Garden & Lifestyle Expo will bloom in a celebration of gardens, lifestyle and sustainability. For a gold coin donation you can enjoy vibrant displays and demonstrations as Redcliffe Botanic Gardens transforms into a world of 'green' fun.

Running 9am - 3pm there will be interactive workshops for all ages, live music, demonstrations, displays, and a range of entertainment for all ages.

Redcliffe Botanic Gardens can be found at 20 Henzell St, Redcliffe.





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The Foundation of Good Health is a Good Nights Sleep!

Without a good night's sleep, your body does not recover from the day's activities. Snoring and sleep apnea can have devastating effects on your health, your work and your relationships.

Apart from snoring, the first signs of Obstructive Sleep Apnea (OSA) that many people notice is falling asleep easily in the daytime — in front of the TV, at work or on public transport. Others catch themselves nodding off behind the wheel, an event that becomes a literal wake-up call that something is very wrong. Symptoms of OSA include poor concentration, morning headaches, depressed mood, weight gain, high blood pressure, lack of energy, forgetfulness, reduced sex drive, night sweats and frequent urination at night.

OSA is a serious and relatively common condition. 750,000 Australians have problems with their health due to OSA. OSA is caused by the muscles in the back of your throat relaxing and interfering with your breathing while you sleep. When you go to sleep, the muscles at the back of your throat relax. When this happens, your airway can narrow or close as you breathe. Because your airway is partly blocked, snoring results. If the airway becomes completely blocked, you can't get any air into your lungs. This can happen many times a night without you being aware of it.



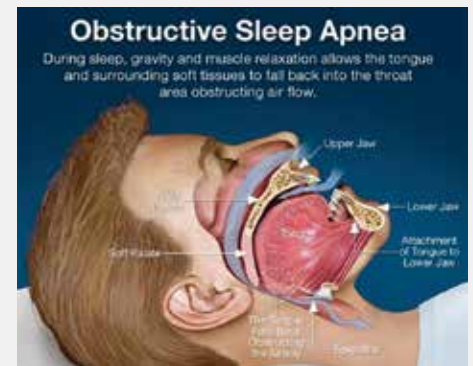
You may think you have slept all night, but obstructive sleep apnea causes poor quality sleep and often results in sleepiness during the day. Your brain responds to the low oxygen level in your blood by briefly waking you from sleep so that you can take a breath. Your partner may notice that you make a gasping or choking sound.

The good news is that successful OSA treatment can relieve the symptoms and reduce the long-term risks to your health. **Anzac Avenue Dental** have dentists who are trained specially for this treatment. Snoring is a very common condition that affects both men and women. Anyone who has been on the receiving end of someone who snores, knows how disruptive it can be to a good night's sleep. Snoring is LOUD! In fact, the loudest recorded snore is 87 decibels, which is louder than a vacuum cleaner, and almost as loud as a lawnmower. Snoring is particularly frustrating because the snorer is normally completely unaware of the problem. They continue to sleep soundly while anyone within earshot has a sleepless night. As well as being a problem for a sleeping partner, snoring can also be a warning sign

for your health, so it's important to exclude this as the cause of your snoring before deciding on treatment.

If your dentist or GP thinks your snoring may be a sign of OSA, he or she may ask you to undertake a sleep apnea assessment. Treatments for sleep apnea often work for snoring too, even if you don't have diagnosed sleep apnea. One of the simplest treatments for snoring is a sleep appliance. Worn in your mouth while you sleep, a sleep appliance moves your lower jaw forward to prevent your tongue and the soft tissue in your mouth falling back and blocking your airway while you sleep.

Anzac Avenue Dental has dentists who are specially trained to assess and treat sleep apnea and snoring. They offer on site scans and at home sleep studies and alternatives to suit all their patient's needs. Call today **07 3491 8131** or visit the web site www.anzacavenuedental.com.au to book your sleep assessment so you can sleep soundly!!



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NEW FACTS ABOUT SLEEPWALKING

Waking up to new facts on Childhood



Children, like adults, need quality sleep in order to function well. But, when a child sleepwalks, parents often worry about how this might impact their child's development and behaviour.

In a new study by the University of South Australia, researchers have explored the prevalence of sleepwalking in school children and its relationship with broader sleep and daytime difficulties.

Lead researcher, Dr Helen Stallman says sleepwalking is a common behaviour among children.

"Children lead energetic lives; and like all of us, at the end of the day they need a good night's sleep to set them up well for tomorrow," Dr Stallman says.

"When parents notice their child sleepwalking, it's natural for them to worry. Although it

usually has no negative consequences, it can result in injuries including cuts and abrasions."

The study assessed 1814 Australia school children aged between 5 to 10 years, with parents reporting 10.5 per cent of children had sleepwalked during the previous week.

Most parents reported their child sleepwalked only once during the previous week, but some children had sleepwalked more frequently.

The first of its kind in Australia, the study found that sleepwalking is often associated with a range of sleep problems including issues with bedtime routines, bedtime anxiety, sleep terrors, restless sleep, sleep talking, teeth grinding, and sleep apnea.

Dr Stallman says that emotional and behavioural issues are often the result of sleep problems.

"Problems with behaviour or emotions clearly have the potential to affect learning and how children get along with others," Dr Stallman says.

"However, unlike other sleep conditions, we found that sleepwalking itself does not cause daytime emotional and behavioural problems.

"Parents can should ensure a safe sleeping environment if their child sleepwalks."

"Of course, if parents are concerned about their child's sleep then we'd recommend they see a sleep specialist."

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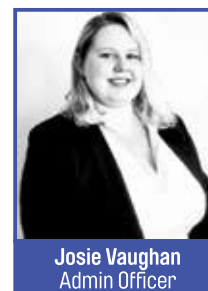
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I AM LONELY, I AM SAD, AND I AM IN DIRE NEED OF A CHANGE FOR THE BETTER

Hi Leonie,

For such a long time now, I have been thinking about getting some counselling and I guess I really want to know what to expect and how it can help. For instance, I have very many issues around many areas including work, self-image, dieting, relationships and family.

Things usually come to a head and I either start fighting back, often inappropriately, or shut down emotionally and lock myself up in my house and disconnect. I am lonely, I am sad, and I am in dire need of a change for the better.

How would counselling even begin to know where to start with a mess like me? I am willing to do the work and I am willing to pay but I don't want to pay and have no change.

You seem like a very honest person and I wish you would talk about how you would tackle someone like me in terms of there being so much to set right? Love the Messenger and you.

Sincerely Linda/ North Lakes

Hello Linda,

Firstly, I can assure you that many people have multiple problems. I find that our happiness tends to unravel at different times over our life span and can be related to changing life circumstances such as bereavement, job or relationship loss or

problems dealing with life transitions or lack of transitions. Sometimes when we are feeling less than strong one problem collects another problem and pretty soon it seems like we have a life full of issues gaining momentum and growth and we can feel helpless. There can also be low self-esteem or other personality issues at play. When a client comes to counselling the first intake session can be used to discuss all problems, issues and concerns that are currently impacting the client. The counsellor may then use skilled questioning techniques to help the client identify which issue is impacting on them the most and this issue will be prioritised to be addressed first.

In terms of how I counsel, the client and I, will work on this most pressing issue first and then gradually work through all the other issues in the order of the most negatively impactful issues in the client's life. The client always decides which issues are tackled first. Often I find that once the most troubling and onerous issues had been addressed, or are at least on the way to being addressed, many of the smaller issues tend to right themselves because the client becomes stronger and develops coping skills which in turn affects the way they view all other issues.

Some counsellors and therapists only use one type of therapy for all issues such as the Freudian school of therapy. However, there are many others like myself who

use multiple therapies, with the therapy carefully chosen to suit the client and the issue. For example, if I were treating a client for anxiety, grief and a vocational issue, I might use Cognitive Behaviour Therapy for the anxiety, Gestalt Therapy for the grief and Solution Focused Therapy for the vocational issues. This is called an eclectic use of therapies and I believe that it gives the best results because not all therapies may be suitable for all issues or clients.

My advice to you would be to find a counsellor who is recommended by word of mouth or the family doctor. It's important to be sure therapists are actually trained because tarot readers and hairdressers can call themselves counsellors.

Also remember that not all counsellors and clients are a good fit and it is vital that you have a good rapport with your counsellor. There is nothing wrong with changing counsellors if you are not happy as everyone has different personalities and you need to find some common relatable grounds. Always be upfront and honest with your counsellor from the initial booking.

Therapeutic processes can lead to life changes and a new perspective of life and the future. Just be honest and upfront and shop around for a good therapist and you may find that life will get better and better. I encourage you to at least engage in a few sessions to see if you see improvement.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com
Leonie Schilling is a qualified private practitioner at

North Lakes Counselling Services

For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





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Chef Speroni

pic by Leah Desborough



Chef Marcattili



Liza, Naomi and Bill are fans



Marcattili's famed Uovo-in-Raviolo



Adriatic Sea Bass



Roast Turbot with fennel

ONE OF THE WORLD'S BEST CHEFS IS COMING BRISBANE

A rare opportunity for local epicureans

The Messenger only does food news a few times a year. Food didn't used to be news but in the modern age, it is, and this might just be the biggest food news for Brisbane, ever.

Last year, international fine dining superstar Chef Massimo Speroni arrived in Brisbane to take the position of Head Chef at Bacchus Restaurant, one of Brisbane's best restaurants.

He immediately put his stamp on the local scene with a deft touch we've rarely had in residence locally. Since then, Chef Speroni has been busy upping the ante with bold à la carte creations, signature dishes people travel from afar just to taste, and various seasonal degustations such as the Taste of Queensland and more recently acclaimed Truffle Degustation. To say he's made a mark on Brisbane dining would be woefully underselling it.

Last year, we sat down with Chef Speroni for a chat (Messenger November 25, 2017, available online) to discover that he credits his mentorship with famed chef Valentino Marcattili as a turning point in his culinary journey. He had worked under 2-Michelin-Starred Chef Marcattili as Sous Chef at one of the world's best restaurants - Ristorante San Domenico in Imola, Italy.

Chef Speroni goes from high to high, but this one

is going to be hard to beat even for Speroni. This time he's upped the ante in the form of a Brisbane culinary coup: He's invited the famed chef-to-the-stars Valentino Marcattili to Brisbane. Chef Marcattili accepted his former protege's invitation and for four days this September he will take up residence at Bacchus. It's a career long dream for Chef Speroni to once again cook alongside his mentor and represents a once-in-a-lifetime opportunity for Australian diners to experience the master Italian flavour-maker at work.

Like Speroni, though decades earlier, at 16 Marcattili began his career at Ristorante San Domenico as the assistant to one of the great Italian chefs, Nino Bergese. He was Bergese's offside in the kitchen for seven years before embarking on a series of apprenticeships in some of the most renowned restaurants in France, such as Auberge de l'Île, Troisgros, Madame Point and Vergé. Later he returned to Ristorante San Domenico, taking direction and co-ownership of the establishment.

Ristorante San Domenico opened 1970. By 1973 it had gained its first mention in the Michelin guide. In 1975 it earned its first Michelin Star and it's second in 1977. The standards have never wavered.

Chef Marcattili went on to collaborate and consult internationally with Monterey Plaza (California), Ristorante Donatello in San Francisco, Restaurant La Main à La Pâte in Paris, the restaurant of the Palm Bay Hotel in Miami and the Conrad Hilton in Hong Kong.

RISTORANTE SAN DOMENICO OPENED 1970. BY 1973 IT HAD GAINED ITS FIRST MENTION IN THE MICHELIN GUIDE. IN 1975 IT EARNED ITS FIRST MICHELIN STAR AND IT'S SECOND IN 1977. THE STANDARDS HAVE NEVER WAVERED

In June 1988 the Ristorante San Domenico opened in New York at 240 Central Park South, with Valentino Executive Chef. In July Brian Miller, critic of the New York Times, gave the restaurant 3 Michelin Stars: an award that he had never before given to an Italian restaurant. The same year Esquire Magazine defined Ristorante San Domenico "the best of the Year" in the USA.

A true global legend in the food world, Chef Valentino Marcattili's cooking has become iconic

and there's one dish that many will have already heard of, Uovo-in-Raviolo, it's a single ravioli with an egg inside. People travel from all over the globe just to try the dish at Ristorante San Domenico. It has been widely described as a must "try before you die".

Come September, you won't have to travel to Italy for it, just to Southbank, when Chef Marcattili will host five special

degustation dining experiences over four days from Tuesday September 18 through to Friday September 21.

The menu hasn't given too much away, stating only that it will feature Chef Marcattili's most beloved dishes at Bacchus. This is no doubt a once in a lifetime dining opportunity for local epicureans and we can only assume tickets will go fast.

If you want to experience The Valentino Marcattili Series at Bacchus Restaurant email zach@bacchussouthbank.com.au directly or phone 07 3364 0837. More information at www.bacchussouthbank.com.au

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LE DÎNER EN BLANC

Brisbane's Largest Secret Dinner Party Returns in October

Registration now open for first-release tickets



Every summer in cities around the world, thousands of people dressed entirely in white descend on a landmark public space with everything they need for an elegant soirée in tow, including folding table and chairs, gourmet picnic food, fine china, silverware, and tablecloth. Over the course of the evening, the guests eat and celebrate amid live music and dancing.

The diners-to-be spend weeks planning their menus and all-white ensemble. The event offers the perfect occasion to express themselves with unique and creative outfits, elaborate accessories and table settings.

Last year for the Brisbane event 3,000 foodies, fashionistas, and cultural enthusiasts were transported from mysterious meeting places to the secret location, revealed on the night as the Brisbane Showgrounds.

This year, on Saturday 13 October, Le Dîner en Blanc - Brisbane will return bigger and whiter than ever, in the most requested secret location for its 7th edition. Marking its 30-year anniversary in Paris last month, this elegant secret affair has become a worldwide phenomenon and Brisbane's foodie and fashion tradition of the year.

It all started in Paris in 1988 by François Pasquier and a handful of friends. Since then the event has

become a worldwide epicurean phenomenon. What was a "friends and word-of-mouth only" event has grown into an international sensation celebrated on six continents.

While the technology behind the event may have changed over the years, the principles fuelling this fantastic event have not: guests continue to gather at a secret location for the sole purpose of sharing a gourmet meal with good friends in one of their city's most beautiful public spaces.

Founded in 2012 and headquartered in Montreal, Canada, Dîner en Blanc International is responsible for developing this secret posh picnic in 80 cities in 30 countries around the world.

Each event is headed by passionate local organisers who fell in love with the concept and wanted to bring it to their city, giving this rendezvous a local flair.

This year, guests will gather at meeting points around the city before being taken by foot or bus to the secret venue. Adding to the mystery, no trace is left behind leaving the area completely as it was when they arrived.

For the chance to get your hands on a ticket, you can sign up to the waitlist at brisbane.dinerenblanc.com/register.



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HAVE YOU GOT UNCLAIMED WAGES?

More than \$2.5 million to be claimed

The Fair Work Ombudsman is calling on workers who suspect they were underpaid in previous jobs to check if they are entitled to a share in unclaimed wages.

The agency is currently holding over \$2.5 million in trust for around 10,000 people who were underpaid in a former job but cannot be located.

Fair Work Ombudsman Sandra Parker said compliance and enforcement activities regularly find underpayments of both current and former employees.

"If an employee is owed money but has left the business and can't be located, these entitlements are held in trust until we are able to find them," Ms Parker says.

"We make extensive efforts to locate underpaid former employees, using internal investigation records, government public resources, social media and online tools."

Since 2010, the Fair Work Ombudsman has reunited almost \$2 million in unclaimed wages with over 1,800 workers.

In one matter, our efforts to track down a former security guard led to over \$21,000 in unpaid wages and entitlements paid to the worker's family, after it was discovered the former



employee had sadly passed away.

Similarly, we located a former employee via the electoral roll to pass on over \$200 in unpaid wages, while more than \$6,000 was returned to a former trolley collector tracked down by the regulator.

"Many workers leave their jobs without even knowing that they were underpaid so all workers should check whether they are entitled to unclaimed wages," Ms Parker says.

"With an average entitlement around \$250, anyone who thinks they may have been short-

changed in a former job should visit the FWO website to make a claim."

Visit www.fairwork.gov.au to check if you are entitled to unclaimed wages or call the Fair Work Infoline on 13 13 94. An interpreter service is available on 13 14 50. If you are eligible to make a claim, the FWO will provide free assistance with this process.

The Fair Work Ombudsman's Pay and Conditions Tool (PACT) is also available at www.fairwork.gov.au, which provides advice about pay, shift, leave and redundancy entitlements.

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Like sands through the hourglass ... so is the time taken to do a property settlement

Alecia Connor, Associate at Best Wilson Buckley Family Law



One of the most common questions I'm asked as a family lawyer is,

"How long will my property settlement take?"

Whilst I recognise that this is one of the main concerns held by people when travelling down the unfamiliar path of family law, it is also one of the most difficult to answer. Largely, the time taken for a property settlement to be reached relates to the complexity of the issues and the personalities of the people involved.

Although I may be at risk of oversimplifying the state of affairs, generally we see people who fall into one of the following three categories when it comes to property

settlements:

1. They already have an agreement and want to formalise this;
2. They don't agree at the moment, however want help negotiating to reach a resolution; or
3. They will fight at all costs for each cup and saucer and will be stuck in the quicksand of this dispute until someone (the judge normally) pulls them out of it.

Generally between 70% - 80% of the matters we see fall into the second category.

There are always the few people who are in a fortunate position where they have reached an agreement with their former partner as to how their property is to be divided and they come to us with an agreement already formed. In these situations we are able to formalise the agreement they have reached, within one to two months at a much lower cost.

Sometimes there are factors outside the parties' control which result in some delay in resolving the issues. This can include, for example, where it is necessary to exchange financial documents or obtain valuations on assets such as houses, businesses or other items, prior to being able to resolve the question of who keeps what. Even if this is required, it is still possible to move through the process with minimal delay, provided the parties are relatively cooperative. Unfortunately, often times things are delayed by one or sometimes both parties taking an

unreasonable position in the negotiation process. Although this is not ideal, with the assistance of legal representatives, matters such as these can still often be resolved, without the need for Court intervention. They just may take a little longer.

Unfortunately for people who fall into the third category, it is likely that they will have a long and slow path ahead of them. In some situations, for whatever reason the parties remain caught up in this intractable dispute, often as a result of them holding inflexible views about issues or due to there being a significant dispute about a particular fact. Naturally, when both parties take this position, it is difficult to achieve any forward movement and this can often result in the parties ending up in Court and sometimes requiring a judge to make a decision for them after a trial. It is common for a trial date to be between 18 months to 2 years after the parties commence Court proceedings. This can result in a lengthy period of uncertainty as people's lives are put on hold whilst they immerse themselves (voluntarily or otherwise) in the messy world of Family Law Court proceedings.

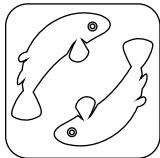
The long and short is that it is possible to achieve a property settlement within a relatively short period of time, however this requires some level of cooperation between the parties. The lack of any goodwill or genuine cooperation does not necessarily mean you are headed to Court, however may result in some delay in achieving an outcome.



YOUR STARS



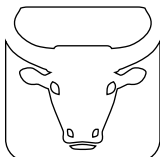
AQUARIUS. (Jan. 21 - Feb. 19): You can't move forward until you fulfill a past obligation. You've left this hanging too long and loose ends (like untied shoelaces) will only trip you up.



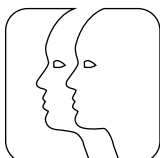
PISCES. (Feb. 20 - March 20): It's inevitable that someone will feel shortchanged when money matters are discussed. Keep feelings and figures separate.



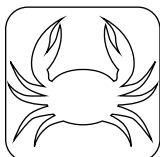
ARIES. (March 21 - April 20): It's hard to be open to input when you're trying to get a project off the ground, but a split focus can also be stimulating.



TAURUS. (April 21 - May 21): It's tempting to play one interest off the other, but don't. Trust in your powers of charm and persuasion. You'll get the best of both possible worlds.



GEMINI. (May 22 - June 21): That brilliant idea of yours won't go over as winningly as you'd like, but you're on the right track. Rework your presentation and try again.



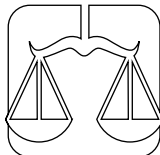
CANCER. (June 22 - July 23): Don't try to corral people's interests. With Neptune powerful, they'll only meander. Give them a few days to tune in.



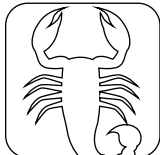
LEO. (July 24 - Aug 23): It isn't easy drawing the line but if you don't then you'll only have to draw it again in the future. Be firm, not squiggly.



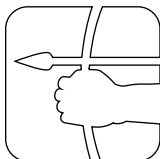
VIRGO. (Aug 24 - Sept 23): It's hard to know what's what when you keep waiting to hear what you want to hear. Put preconceived notions aside and listen to what's being said.



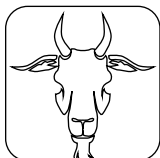
LIBRA. (Sept. 24 - Oct. 23): It's not good when your focus is on how a loved one says something and not on what's being said. You need to listen.



SCORPIO. (Oct. 24 - Nov. 22): Was your judgment off or are you starting to see things in a new light? This is one of those rare occasions when you'll be glad you were mistaken.



SAGITTARIUS. (Nov. 23 - Dec. 21): Today's Moon/Neptune square makes you the hook for others' discontent. Refuse to play along. This isn't a game of "pin the tail on the donkey."



CAPRICORN. (Dec. 22 - Jan. 20): Beware anything that sounds too good to be true or like it's your worst nightmare. Both are exaggerations. The reality lies somewhere in between.

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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Surfing. World League. Round 5. Bali Pro. Highlights. **1.00** Rugby League. NRL. Intrust Super Cup. **3.00** Netball. Super Netball. Round 14. Queensland Firebirds v Collingwood Magpies. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Saturday Night Football Preview. **7.35** Rugby League. NRL. Round 21. Sydney Roosters v North Queensland Cowboys. **9.50** Movie: Ransom. (MA15+) (1996) Mel Gibson. **12.20** Movie: Observe And Report. (MA15+) (2009) **2.00** TV Shop. **2.30** Filthy Rich. (MA15+) **3.30** Getaway. (PG) **4.00** Skippy. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.30** Heidi. **12.00** Move It. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. **3.30** Ben 10. (PG) **4.00** Teen Titans Go! (PG) **4.30** Uncle Grandpa. (PG) **5.15** Movie: The Swan Princess. (G) (1994) **7.00** Movie: Stick It. (PG) (2006) **9.05** Movie: Whip It! (M) (2009) **11.20** 2 Broke Girls. (M) **12.15** Adult Swim. (MA15+) **12.45** Frisky Dingo. (MA15+) **1.00** Mary Shelley's Frankenstein. (M) **1.15** Harvey Birdman: Attorney At Law. (M) **1.30** Rick And Morty. (MA15+) **2.00** Total Divas. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Kate And Mim-Mim. **4.50** Little Charmers. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **1.30** Movie: Eight Below. (PG) (2006) **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: 2012. (PG) (2009) John Cusack, Amanda Peet. A global cataclysm threatens the world. **10.05** Movie: Taken. (MA15+) (2008) Liam Neeson, Maggie Grace. A former spy's daughter is kidnapped. **12.10** Movie: In The Line Of Duty: Blaze Of Glory. (M) (1997) Lori Loughlin, Bruce Campbell. An ex-cop and his wife become bank robbers. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG) Hosted by Ed Phillips and Zoe Marshall.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. **11.30** Harry's Practice. **12.30** Australia's Amazing Homes. (PG) **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** Crash Investigation Unit. (PG) **5.30** Air Crash Investigation. (PG) **7.30** Paddington Station 24/7. (M) **8.30** Escape To The Country. Jonnie Irwin takes a soon-to-be married couple from Hertfordshire on a property-searching mission to rural Lincolnshire. **11.30** Crash Investigation Unit. (PG) **12.00** Air Crash Investigation. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Talk. (PG) **7.00** RPM. **8.00** Tales By Light. **8.30** Australia By Design: Architecture. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** Passionate Players. (PG) New. **2.30** Sammy And Bella's Kitchen Rescue. **3.00** Cook's Pantry. **3.30** Places We Go. Return. **4.00** 15-Min Meals. **4.30** Escape Fishing. **5.00** News. **6.00** Luxury Escapes. (PG) **6.30** Planes Gone Viral. (PG) **7.30** Ambulance. (M) **8.45** NCIS: New Orleans. (M) Pride and patrons at his bar are held hostage by a group of thieves who are being pursued by the police. **9.45** NCIS: New Orleans. (MA15+) **10.30** Instinct. (M) **11.30** To Be Advised. **12.30** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** MasterChef Aust. **9.30** MasterChef Aust. **11.00** Industry Leaders With Janine Allis. **11.30** Fishing Edge. **12.00** Australia By Design: Architecture. **12.30** Diagnosis Murder. **1.30** ST: Next Gen. **2.30** Operation Repo. **3.00** Camper Trailer Lifestyle. **3.30** Epic Meal Empire. **4.00** Reel Action. **4.30** The Indestructibles. **5.00** Freddie Flintoff: Lord Of The Fries. **6.00** All 4 Adventure. (PG) **7.00** Scorpion. (PG) **8.00** MacGyver. (M) **9.00** Hawaii Five-O. (M) **11.00** NCIS. (M) **12.00** CSI: Miami. (M) **1.00** RPM. **2.00** Motor Racing. Formula 1. Race 12. Hungarian Grand Prix. Highlights. **3.00** Hillary: The Man Who Conquered Everest. **4.00** Operation Repo. **4.30** The Doctors. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.10** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Death In Paradise. (M) **1.30** Grantchester. (M) **2.30** Life On The Reef. (PG) **3.30** Becoming Superhuman. (PG) **4.00** Landline. **4.30** The Dreamhouse. (PG) Final. **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. Final. **7.00** ABC News. **7.30** Shakespeare And Hathaway. (PG) **8.15** Poldark. (M) Final. **9.15** Call The Midwife. (M) **10.20** Jack Irish. (M) **11.15** Birds Of A Feather. (PG) **11.40** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** Fireman Sam. **5.20** Hey Duggee. **5.30** Peppa Pig. **5.35** Room On The Broom. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Floogals. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Live At The Apollo. (M) **9.15** Russell Howard's Stand-Up Central. (M) **9.40** Comedy Next Gen. (MA15+) **10.40** Comedy Up Late. (M) **11.10** Penn & Teller: Fool Us. **11.55** An Idiot Abroad. (M) **12.40** Detectorists. (M) **1.10** Live At The Apollo. (M) **1.55** The IT Crowd. (M) **2.20** News Update. **2.25** Close. **5.00** The WortWots. **5.10** Arthur. **5.35** Gumball Kids. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Cycling. Port To Port MTB. Highlights. **3.00** Gymnastics. FIG Artistic World Challenge Cup Series. Round 3. **5.30** Supervet. (PG) **6.30** News. **7.30** Joanna Lumley's Trans-Siberian Adventure. (PG) **8.30** Big Ben: The World's Most Famous Clock. **9.40** Arctic Super Bridge: Building Giants. **10.35** Movie: Ali. (M) (2001) **1.30** SAS: Who Dares Wins. (M) **2.25** SAS: Who Dares Wins. (M) **3.25** STUDIO At The MEMO With Tim Rogers. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Insight. **12.55** Front Up. (PG) **1.25** The Pizza Show. (PG) **1.50** Secrets Of Our Cities. (PG) **2.40** Secrets Of Our Cities. (PG) **3.35** Secrets Of Our Cities. (PG) **4.40** PBS News. **5.40** It's Suppertime! **6.05** It's Suppertime! **6.30** Community. (PG) **7.00** Community. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: The Overnight. (MA15+) (2015) **10.00** Movie: Blame. (2017) **11.40** VICE. (MA15+) **12.15** VICE. (MA15+) **12.50** Hamilton's Pharmacopeia. (MA15+) **1.40** The Cleveland Strangler. (M) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm London Has Fallen (2016) Action. Gerard Butler, Aaron Eckhart. (MA15+) *Premiere*
8.30pm One Fine Day (1996) Romance. Michelle Pfeiffer, George Clooney. (PG)
10.25pm The Heat (2013) Comedy. Sandra Bullock, Melissa McCarthy. (MA15+) *Comedy*

GENERAL

8.30pm Law & Order: SVU. (MA15+) *Universal Channel*
10.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

7.30pm History's Greatest Lies. (PG) *History*
8.30pm Hair Bikers' Comfort Food. *Lifestyle Food*
10.30pm Banged Up Abroad: What I Did For Love. (M) *National Geographic People*

SPORT

6.00pm Rugby League. NRL. Round 22. St George Illawarra Dragons v South Sydney Rabbitohs. *Fox League*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0408

NORTHS

MEGA MEMBERS DRAW

\$5000

SATURDAY 11TH AUGUST 2PM

THURSDAY 16TH AUGUST
11am – 1.30pm

FEATURING
DAME EDNA AVERAGE & THE SWINGING MARTINIS

ENTERTAINMENT
LUNCH - CHOOSE FROM 3 OPTIONS
FREE RAFFLE TICKET ON ARRIVAL
FREE TEA & COFFEE / LUCKY DOOR PRIZE
Tickets just \$15

EKKA MONDAY

Fun Day

13th August

Kids Activity 10am - 2.30pm
ROMPIN STOMPIN KIDS SHOW
"live on Stage" 10.30am

PAUL HAYMAN

50 Years of Legends

Saturday 18 August 7pm

2 Course Dinner & Show

\$49.90 members | **\$55.90** non members

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ANTHONY CALLEA - ARIA NUMBER 1 HITS IN CONCERT

Date: Friday 3 August

Location: The Tivoli, Fortitude Valley

Cost: From \$64.95 (+ booking fee)

Australian singing sensation and ARIA Award winner Anthony Callea returns to Queensland this week, playing two intimate concerts in Brisbane and on the Gold Coast to celebrate the release of his third chart-topping studio album, ARIA Number 1 Hits in Symphony.

Recognised as one of Australia's finest vocalists of all time, Callea's new live concert experience is his biggest and most exciting yet, featuring songs from an incredible 14-year career.

Book via www.thetivoli.com.au

**AUG
3**



SOLOISTS AND SPONTANEITY- ALONDRA DE LA PARRA AND QSO

Date: August 4, 018

Location: QPAC Concert Hall

QSO's Soloists and Spontaneity is Alondra de la Parra's first Maestro series concert for the year, and she will lead QSO in an epic performance alongside Sergio Tiempo. Sergio is QSO's 2018 Artist-in-Residence and is described as one of the most thought-provoking pianists of his generation.

Stravinsky's Dumbarton Oaks kicks off proceedings and recalls Bach's Brandenburg Concertos in its bustling themes, but its shifting metres, syncopation and severe tonality is unmistakably Stravinsky. Composed in 1909, Rachmaninov's third piano concerto then electrifies with its complex piano work and romantic melodies. Finally, Bartok's Concerto for Orchestra spotlights orchestral sections, duos and individuals in a pacy finish.

Tickets at www.qso.com.au

AUG 4



JASPER JONES

Date: 28 Jul to 18 Aug 2018

Location: Playhouse Theatre

The smash-hit stage adaptation of the classic Australian coming-of-age mystery is coming to Brisbane.

Charlie Bucktin lives in a tiny, insignificant bush town where nothing happens. Nothing, that is, until Jasper Jones stumbles upon a gruesome crime out by the dam. Who else would he call on for help but the sharpest kid around? A midnight tap at Charlie's window sparks a race to solve a murder and clear Jasper's name. Somewhere between Harper Lee's To Kill a Mockingbird and classic movie Stand by Me, Kate Mulvany's adaptation of Craig Silvey's novel is a bittersweet, joyous coming-of-age yarn set in a community where every weatherboard house hides a dark secret.

Tickets at queenslandtheatre.com.au or 1800 355 528

**UNTIL
AUG 18**



GUYS N' DOLLS REVUE - "COME SWING WITH US - THOSE WERE THE DAYS!"

Date: Sat Aug 11, Sat Aug 18, Sun Aug 19, Sat Aug 25

Location: Hamilton Town Hall

Let us take you back to a time when the Andrews Sisters blared delightfully across the wireless and Glenn Miller was well known and adored for the sway of his brassy trombone. "Swing" was the new big thing that promised to bring the whole world together. Our new 2018 show, "Come Swing with Us" aims to re-invigorate and re-live this truly wonderful time in musical history.

Guys n' Dolls Revue are a music variety/cabaret-style production group, formed to assist charities and community based organisations in their fundraising endeavours.

Tickets at the door or online via www.guysndolls.net.au

**UNTIL
AUG 25**

TO ADD YOUR EVENT TO THIS PAGE FOR FREE VISIT WWW.NORTHLAKESMESSENGER.COM.AU

NINE

6.00 World's Best Beaches. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Netball. Super Netball. Round 14. Melbourne Vixens v Sunshine Coast Lightning. **3.00** Sunday Football Preview. **4.10** Rugby League. NRL. Round 21. Penrith Panthers v Canberra Raiders. **6.00** Nine News. **7.00** The Block. (PG) Return. **8.30** 60 Minutes. **9.30** Tortured By Mum & Dad? The Turpin 13. (MA15+) **10.30** Mafia Women With Trevor McDonald. (M) **11.30** Major Crimes. (M) **12.30** Cold Case. (M) **1.30** Getaway. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.10** The Brokenwood Mysteries. (M) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Star Wars: Droid Tales. (PG) **11.30** Ninjaboy. (PG) **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Uncle Grandpa. (PG) **2.00** Yo-Kai. (PG) **2.30** Tom And Jerry. **3.00** Gumball. **3.30** Teen Titans Go! (PG) **4.00** Britain's Got Talent. (PG) **6.00** Big Bang. (PG) **8.30** Movie: Mission: Impossible – Ghost Protocol. (M) (2011) **11.10** Big Bang. (PG) **12.10** Adult Swim. (MA15+) **12.40** Frisky Dingo. (MA15+) **12.55** Mary Shelley's Frankenstein. (MA15+) **1.10** Tattoo Fixers. (MA15+) **2.05** Total Divas. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Kate And Mim-Mim. **4.50** Little Charmers. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Bewitched. **1.30** I Dream Of Jeannie. **2.00** Movie: Lethal Vows. (PG) (1999) **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Little Big Shots. (PG) Return. **8.00** Sunday Night. Hosted by Melissa Doyle. **9.00** Crime Investigation Australia: Most Infamous. (MA15+) Takes a look at two notorious cases, the disappearance of Daniel Morcombe and murder of Sian Kingi. **10.45** Crimes That Shook The World. (M) **11.45** Criminal Confessions. (M) **12.45** Grandfathered. (PG) **1.15** Travel Oz. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Sydney Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** To Be Advised. **1.00** Air Crash Investigation. (PG) **2.00** Escape To The Country. **5.00** Paddington Station 24/7. (PG) **6.00** Mighty Ships. (PG) **7.00** Dog Patrol. (PG) **7.30** Motorway Patrol. (PG) **8.00** Highway Cops. (PG) **8.30** Border Security. (PG) **10.00** The Force: BTL. (PG) **10.30** Motorway Patrol. (PG) **11.00** Dog Patrol. (PG) **11.30** Highway Cops. (PG) **12.00** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Vasil's Garden. **4.00** Qld Weekender. **4.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Passionate Players. (PG) **9.00** The Placemakers. **9.30** S10. (PG) **12.00** Luxury Escapes. (PG) **12.30** Tales By Light. (PG) **1.30** Comfort Food. **2.30** Everyday Gourmet. **3.00** Motor Racing. Supercars Championship. Round 10. Sydney SuperNight 300. Highlights. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. **7.30** Russell Coight's All Aussie Adventures. Return. **8.00** Street Smart. (PG) New. A gang leader matches wits with the authorities. **8.30** Bull. (M) Return. Bull defends a widow accused of murder. **9.30** Sports Tonight. **10.15** Sherlock Holmes: Elementary. (M) **11.15** The Sunday Project. **12.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Grand final. Replay. **10.00** Industry Leaders With Janine Allis. **10.30** Escape Fishing. **11.00** Fishing Edge. **11.30** Reel Action. **12.00** Hillary: The Man Who Conquered Everest. **1.00** Epic Meal Empire. **1.30** Monster Jam. **2.30** Fishing Aust. **3.00** Freddie Flintoff: Lord Of The Fries. **4.00** Freddie Flintoff: The Gloves Are Off. **5.00** Operation Repo. **5.30** I Fish. **6.00** Hogan's Heroes. **6.30** Scorpion. **7.30** Ambulance. **8.50** Bondi Rescue. **9.20** MotoGP Race 10. Czech Republic Grand Prix. **11.00** Motor Racing. Supercars Championship. Round 10. Sydney SuperNight 300. Highlights. **1.00** Sports Tonight. **1.45** Monster Jam. **2.45** Operation Repo. **3.15** Hogan's Heroes. **3.45** The Doctors. **5.35** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Dream Gardens. **3.00** Antiques Roadshow. **4.00** The Mix. **4.45** Shakespeare And Hathaway. (PG) **5.30** Anh's Brush With Fame. (PG) **6.00** War On Waste: The Battle Continues. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. **8.30** Jack Irish. (M) **9.25** Wrong Kind Of Black. (M) **10.30** Vera. (M) **12.00** Rage. (MA15+) **2.25** Weather. **2.55** I Want To Dance Better At Parties. (PG) **3.25** Vera. (M) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.50** Little Roy. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Floogals. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Penn & Teller: Fool Us. **8.45** Russell Howard: Right Here Right Now. (MA15+) **9.45** Alan Davies: As Yet Untitled. (M) **10.30** Would I Lie To You? **11.00** Russell Howard's Stand-Up Central. (M) **11.25** Absolutely Fabulous. (PG) **11.55** Absolutely Fabulous. (PG) **12.25** The Black Adder. (PG) **1.00** The Inbetweeners. (M) **1.25** Dirty Laundry. (MA15+) **2.20** News Update. **2.25** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** Gumboot Kids. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. Return. **7.30** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Speedweek. **3.00** The Bowls Show. **4.00** FIFA World Cup 2018: The Story Of The World Cup. **5.00** Small Business Secrets. **5.35** Nazi Megastructures. Return. **6.30** News. **7.30** Julius Caesar Revealed. (M) **8.35** The Sugar Conspiracy. (PG) **10.20** The Plastic Surgery Capital Of The World. (M) **11.20** Hell On Earth: Syria And The Rise Of ISIS. (MA15+) **1.15** The Yes Men Are Revolting. (M) **3.00** First Contact. (M) **4.00** One Born Every Minute. (M) **4.55** Food Safari Fire: Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Great Minds. (PG) **1.45** Great Minds. (PG) **2.00** Great Minds. (PG) **2.10** Great Minds. (PG) **2.20** Great Minds. (PG) **2.30** Great Minds. (PG) **2.40** Great Minds. (PG) **2.50** Great Minds. (PG) **3.05** Great Minds. (PG) **3.15** Great Minds. (PG) **3.25** Great Minds. (PG) **3.35** Vs Arashi. **4.30** Unplanned America. (PG) **5.05** The Truth About Racism. (PG) **6.05** Growing Up Tough: Beyond Struggle Street. (PG) **6.35** Shaun Micallef's Stairway To Heaven. (PG) **7.35** The Crystal Maze. **8.30** Miniseries: Dead Lucky. (M) **9.35** The Girlfriend Experience. (MA15+) **10.05** The Girlfriend Experience. (MA15+) **10.40** Movie: Carrie. (MA15+) (1976) **12.30** Late Programs.



MOVIES

6.35pm The Legend Of Tarzan (2016) Adventure. Alexander Skarsgård, Margot Robbie. (M) Premiere **8.30pm** 21 Jump Street (2012) Comedy. Channing Tatum, Jonah Hill. (MA15+) Comedy **10.25pm** Inglourious Basterds (2009) Action. Brad Pitt. (MA15+) Masterpiece **GENERAL** **8.25pm** The Hype. (PG) E! **8.30pm** Blood Drive. (MA15+) SyFy **11.15pm** Down & Dirty With Jim Norton. (MA15+) Comedy Channel **DOCUMENTARY** **8.30pm** Football: A Brief History By Alfie Allen. BBC Knowledge **11.30pm** Disappeared. (M) TLC **SPORT** **7.15pm** Football. AFL. North Melbourne v Collingwood. Fox Footy **8.00pm** Cricket. Fourth Test. England v South Africa. Day 2. Fox Sports 505 **10.05pm** Motorcycle Racing. MotoGP. Round 10. Grand Prix of the Czech Republic. Qualifying. Fox Sports 506

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0508

We Clean Ovens

...so you don't have to!

\$10 OFF
With This Advert*

Our professional oven clean
that will restore your oven to
show room condition



Before



After



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- ✓ We take the door off, split the glass to remove any streaks
- ✓ Our solutions are safe, caustic free and bio degradable
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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Doctor Doctor. (M) Return. **9.50** Dr Christian Jessen Will See You Now. (M) **10.50** 100% Footy. (M) **11.50** Two And A Half Men. (PG) **12.20** Two And A Half Men. (PG) **12.50** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Car SOS. (PG) **12.00** Deals, Wheels And Steals. (PG) **1.00** Storage Hunters UK. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** The New Looney Tunes. **4.30** Be Cool, Scooby-Doo! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Pulp Fiction. (MA15+) (1994) **12.15** Friends. (PG) **1.15** Harvey Birdman: Attorney At Law. (M) **1.30** Black Jesus. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Be Cool, Scooby-Doo! (PG) **3.30** Beyblade Burst Evolution. **4.00** The New Looney Tunes. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Pastor's Wife. (M) (2011) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Dance Boss. (PG) New. **8.45** Ramsay's 24 Hours To Hell And Back. (M) British chef Gordon Ramsay and his team have just 24 hours to try and save Los Angeles' Brownstone Bistro. **9.45** Ramsay's Kitchen Nightmares. (M) Gordon pays a visit to The Sandgate Hotel in in Folkestone, Kent, which is run by first-time restaurateurs. **10.55** Modern Family. (PG) **11.30** Modern Family. (PG) **12.00** Talking Footy. **1.00** Travel Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Beat Bugs. **7.30** Drop Dead Weird. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** Mighty Ships. (PG) **1.00** The Layover. (M) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Doc Martin. (PG) **8.30** Foyle's War. (M) **10.30** Robbie Coltrane's Critical Evidence. (M) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** Heartbeat Of The Coral Coast Pt 2. **3.00** The World Around Us. **4.00** Million Dollar Minute. **5.00** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. Hosted by Dr Andrew Rochford and Mark Humphries. **6.30** The Project. **7.30** Australian Survivor. Presented by Jonathan LaPaglia. **9.00** Have You Been Paying Attention? (M) Special guests include Anjelah Johnson, Marty Sheargold and Kitty Flanagan. **10.00** The Graham Norton Show. (M) **11.00** Man With A Plan. (PG) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Whacked Out Sports. (PG) **8.15** The Indestructibles. (PG) **8.45** Sports Tonight. **9.30** I Fish. **10.00** Scorpion. (PG) **11.00** Hillary: The Man Who Conquered Everest. (PG) **12.00** Pointless. **12.30** Hogan's Heroes. **1.00** NCIS. (M) **2.00** NCIS: LA. (M) **3.00** MacGyver. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Hogan's Heroes. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Race 10. Czech Republic Grand Prix. Replay. From Brno, Czech Republic. **3.40** Whacked Out Sports. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs: House Of The Year. **11.00** Gardening Australia. **12.00** ABC News At Noon. **1.00** Landline. **2.00** The Honourable Woman. (M) **3.00** Murder, She Wrote. (PG) **3.45** Gardening Australia. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. Return. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. PGA Tour. WGC-Bridgestone Invitational. Highlights. From Firestone Country Club, Akron, Ohio. **12.20** Hannah Gadsby's OZ. (PG) **12.50** Rage. (MA15+) **4.15** Antiques Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Floogals. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. (M) **8.40** The Moody's. (M) **9.10** Upper Middle Bogan. (M) **9.35** Tonightly With Tom Ballard. (M) **10.05** Russell Howard: Right Here Right Now. (MA15+) **11.05** Workaholics. (M) New. **11.30** Archer. (M) **11.50** The Office. (PG) **12.15** 30 Rock. (PG) **12.35** Parks And Recreation. (PG) **12.55** Tonightly With Tom Ballard. (M) **1.25** The Office. (PG) **1.50** Archer. (M) **2.10** News Update. **2.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** Gumbo Kids. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Rectify. (PG) **2.50** Good Listening. (PG) **3.25** Foreigner Live At The Symphony Lucerne. **4.25** Michael Mosley: Queen Victoria's Slum. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. Return. **6.30** News. **7.35** Inside Windsor Castle. (PG) **8.30** How To Get Fit Fast. (PG) **9.30** 24 Hours In Emergency. (M) **10.25** SBS News. **10.55** Salamander. (MA15+) **11.50** Salamander. (M) **12.45** Lilyhammer. (MA15+) **1.40** Lilyhammer. (M) **2.30** Trapped. (MA15+) **3.30** Trapped. (MA15+) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** The Third Industrial Revolution. (PG) **1.50** Cut-Off. (PG) **2.40** It's Suppertime! (PG) **3.05** Dead Set On Life. (PG) **3.30** PopAsia TV. (PG) **4.30** Fashionista. **4.40** Magic The Gathering. (PG) **5.10** Black Market. (PG) **5.40** If You Are The One. **6.40** MythBusters. (PG) **7.35** The Feed. **8.05** Mr Tachyon On The Edge Of Science. (PG) **8.30** Movie: Do The Right Thing. (MA15+) (1989) **10.40** Movie: Rampart. (MA15+) (2011) **12.40** Epicly Later'd. (M) **1.30** Hate Thy Neighbour. (MA15+) **2.20** The Therapist. (M) **2.45** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Sisters (2015) Comedy. Amy Poehler, Tina Fey. (MA15+) Comedy **8.30pm Good Will Hunting** (1997) Drama. Matt Damon, Robin Williams. (M) Masterpiece **10.10pm Jackass Presents Bad Grandpa** (2013) Comedy. Johnny Knoxville, Jackson Nicoll. (MA15+) Comedy

GENERAL

6.00pm The Middle. (PG) Comedy Channel **8.00pm Superstore.** (PG) FOX8

8.30pm Caught On Camera With Nick Cannon. FOX8

DOCUMENTARY

7.30pm Jodie Marsh Gets Locked Up. (M) TLC **8.00pm Justice Served: Murderous Affairs.** (M) Crime & Investigation

SPORT

3.00pm Football. AFL. Richmond v Hawthorn. Fox Sports 503 **7.00pm Athletics.** World Championship. Day 3. Eurosport **8.00pm Cricket.** Fourth Test. England v South Africa. Day 3. Fox Sports 505 **11.00pm Cycling.** European Road Championships. Men's Road Race. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0608



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Doctor Doctor. (M) **2.00** The Block. (PG) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** True Story With Hamish & Andy. (PG) Return. **9.10** Movie: The Castle. (M) (1997) Michael Caton, Sophie Lee, Anne Tenney. The happy existence of a man and his family is disrupted when they are told they must leave their home. **11.00** The Closer. (M) **12.00** An Hour To Save Your Life. (M) **1.15** Postcards. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Storage Hunters UK. (PG) **2.00** Steven Universe. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** The New Looney Tunes. **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Total Recall. (MA15+) (1990) **11.30** Big Bang. (PG) **12.00** Balls Of Steel Australia. (MA15+) **12.30** Friends. (PG) **1.30** Black Jesus. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** The New Looney Tunes. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.15** To Be Advised. **1.45** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Dance Boss. (PG) Hosted by Dannii Minogue. **8.45** Andrew Denton: Interview. (M) Final. Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **9.45** Killer Tapes. (M) New. Documents major crimes by using raw police interview footage and testimony from detectives. **10.50** Autopsy USA. (M) **11.50** Grimm. (MA15+) **12.50** Hannibal. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Beat Bugs. **7.30** Drop Dead Weird. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Foyle's War. (M) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Vicar Of Dibley. (PG) **8.30** Inspector George Gently. (M) Gently and Bacchus investigate the death of a lonely, old man in a dilapidated mansion. **10.30** The Last Detective. (M) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** France: Soaring With The Senses. (PG) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. Return. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. Hosted by Dr Andrew Rochford and Mark Humphries. (PG) **7.30** Australian Survivor. Presented by Jonathan LaPaglia. **9.00** Shark Tank. (PG) Final. A 36-year-old seeks \$150,000 for a 10 per cent share in an online birthing tutorial business, Birth Beat. **10.00** NCIS: LA. (M) **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Pointless. **12.30** Hogan's Heroes. **1.00** NCIS. (M) **2.00** NCIS: Los Angeles. (M) **3.00** MacGyver. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Hogan's Heroes. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **9.30** CSI: NY. (M) **10.30** Instinct. (M) **11.30** 48 Hours. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Gardening Australia. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** The Honourable Woman. (M) **3.00** Murder, She Wrote. (PG) **3.45** Mary Berry's Absolute Favourites. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.30** War On Waste: The Battle Continues. (PG) **9.30** Who Killed Belinda Peisley? (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Opening Shot. (M) **12.55** Rage. (MA15+) **4.15** Antiques Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** 8MMM. (M) **8.30** The IT Crowd. (PG) **8.55** Goobers. (PG) **9.00** Upper Middle Bogan. (M) **9.30** Tonightly With Tom Ballard. (M) **10.00** The Inbetweeners. (M) **10.25** Peep Show. (M) **10.55** Workaholics. (M) **11.15** Archer. (M) **11.35** The Office. (PG) **12.00** 30 Rock. (PG) **12.20** Parks And Recreation. (PG) **12.45** Tonightly With Tom Ballard. (M) **1.15** Peep Show. (M) **1.40** Workaholics. (M) **2.05** The Office. (PG) **2.25** Archer. (M) **2.50** News Update. **2.55** Cooze. **5.00** The WotWots. **5.10** Arthur. **5.35** Gumball Kids. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Rectify. (PG) **2.50** Kylie Kwong: My China. **3.20** Who Do You Think You Are? **4.25** Michael Mosley: Queen Victoria's Slum. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Stacey Dooley: Gypsy Kids In Crisis. (M) **10.30** SBS News. **11.00** The Son. (M) New. **11.55** Chance. (MA15+) **12.50** Chance. (MA15+) **1.50** Movie: Frida. (MA15+) (2002) **4.05** One Born Every Minute. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Rebellion. (M) (2011) **2.30** It's Supertime! (PG) **3.00** Legally Brown. (PG) **3.30** Legally Brown. (PG) **4.00** News. **4.30** PBS News. **5.30** If You Are The One. **6.35** MythBusters. (PG) **7.30** The Feed. **8.00** Gadget Man. (PG) **8.30** 8 Out Of 10 Cats Does Countdown. New. **9.30** Wellington Paranormal. (M) **9.55** South Park. (MA15+) **10.20** The Good Doctor: Korea. (M) **11.35** The Good Doctor: Korea. (M) **12.45** The Good Doctor: Korea. (M) **1.55** News. **2.25** Desus And Mero. (M) **2.50** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.50pm Just Friends (2005) Comedy. Ryan Reynolds, Anna Farris. (M) *Romance*
8.30pm The Hurt Locker (2008) War. Jeremy Renner, Anthony Mackie. (MA15+) *Masterpiece*
10.45pm The Infiltrator (2016) Drama. Bryan Cranston, Diane Kruger. Two narcotics officers try to bring down Pablo Escobar. (MA15+) *Masterpiece*

GENERAL

8.30pm Space Dealers. (PG) A&E
8.30pm Castle. (M) Universal Channel
10.35pm Room 104. (MA15+) *Showcase*

DOCUMENTARY

7.30pm Wild Australia. (PG) Animal Planet
8.30pm Street Science. (PG) Discovery Science
10.00pm Here Comes Honey Boo Boo. (PG) TLC

SPORT

8.00pm Cricket. Fourth Test. England v South Africa.
Day 4. Fox Sports 505
8.00pm Soccer. FA Cup. Community Shield. Chelsea v Arsenal. ESPN2
11.00pm Cycling. UCI World Tour. BinckBank Tour. Stage 1. Breda to Venray. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Kevin Can Wait. (PG)
 Return. **2.00** The Block. (PG) **3.00**
 News Now. **4.00** Afternoon News.
5.00 Millionaire Hot Seat. **6.00**
 Nine News. **7.00** A Current Affair.
7.30 The Block. (PG) **8.30** Britain's
 Got Talent. (PG) Final. **11.00**
 Embarrassing Bodies. (M) **12.00**
 Lethal Weapon. (M) **1.00** Rizzoli
 & Isles. (M) **2.00** TV Shop: Home
 Shopping. **2.30** Global Shop.
3.00 Extra. **3.30** A Current Affair.
4.00 The Ellen DeGeneres Show.
 (PG) **5.00** News Early Edition.
5.30 Today.

GO!

6.00 Children's Programs. **11.00**
 Friends. (PG) **12.00** Total Divas.
 (M) **1.00** Storage Hunters UK. (PG)
2.00 Steven Universe. (PG) **2.30**
 Yu-Gi-Oh! (PG) **3.00** Pokémon
 The Series: Sun & Moon. **3.30**
 Ninjago. (PG) **4.00** Kids' WB. (PG)
4.05 The New Looney Tunes. **4.30**
 Ben 10. (PG) **5.00** Adv Time. (PG)
5.30 Regular Show. (PG) **6.00**
 Friends. (PG) **7.00** Big Bang. (PG)
8.30 Movie: Under Siege. (M)
 (1992) **10.40** Big Bang. (PG) **12.00**
 Balls Of Steel Australia. (MA15+)
12.30 Friends. (PG) **1.30** Black
 Jesus. (MA15+) **2.00** Adv Time.
 (PG) **2.30** Regular Show. (PG) **3.00**
 Ben 10. (PG) **3.30** Beyblade Burst
 Evolution. **4.00** The New Looney
 Tunes. **4.30** Yu-Gi-Oh! (PG) **4.50**
 Wild Kratts. **5.10** Regal Academy.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00** To
 Be Advised. **1.15** To Be Advised.
1.45 Daily Edition. **3.00** The
 Chase. **4.00** News. **5.00** The
 Chase Aust. **6.00** News. **7.00**
 Home And Away. (PG) **7.30**
 Highway Patrol. (PG) Police pull
 over a car for being too low. **8.00**
 Highway Patrol. (PG) A learner
 driver bursts into tears. **8.30** 9-1-
 1. (M) A rollercoaster malfunctions
 at an amusement park. Athena
 and Hen respond to an unusual
 home invasion. **9.30** Criminal
 Minds. (M) An asset fund manager
 is murdered. **10.30** Air Crash
 Investigation. (PG) **11.30** Hell's
 Kitchen USA. (M) **12.30** Battle
 Creek. (M) **1.30** Harry's Practice.
2.00 Shopping. **4.00** NBC Today.
5.00 News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Beat Bugs.
7.30 Drop Dead Weird. **8.00**
 Pipsqueaks. **8.30** Million Dollar
 Minute. **9.30** NBC Today. **12.00**
 Inspector George Gently. (M)
2.00 Million Dollar Minute. **3.00**
 Harry's Practice. **3.30** Auction
 Squad. **4.30** Animal Rescue.
5.00 Medical Emergency. (PG)
5.30 Escape To The Country.
6.30 Bargain Hunt. (PG) **7.30**
 Walking Through History. (PG)
 Part 1 of 4. **8.30** Judge John
 Deed. (M) A doctor is accused
 of murder. **10.30** Cities Of The
 Underworld. (PG) **11.00** Medical
 Emergency. (PG) **12.00** Escape To
 The Country. **1.00** Auction Squad.
2.00 Shopping. **4.00** Million Dollar
 Minute. **5.00** Harry's Practice. **5.30**
 Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Pointless. **8.30** Studio 10. (PG)
12.00 Dr Phil. (PG) **1.00** To Be
 Advised. **2.30** Neighbours. (PG)
3.00 Judge Judy. (PG) **3.30** Alive
 And Cooking. **4.00** Everyday
 Gourmet. **4.30** Bold. (PG) **5.00**
 News. **6.00** Pointless. **6.30** The
 Project. **7.30** Australian Survivor. A
 castaway who has been struggling
 in the competition has a change
 of heart. **9.00** Instinct. (M) Final.
 Dylan and Lizzie investigate
 when Joan's literary protégé is
 found murdered in her home.
10.00 Madam Secretary. ISIL
 terrorists threaten to destroy a
 dam. **11.00** Hawaii Five-O. (M)
12.00 The Project. **1.00** Stephen
 Colbert. (PG) **2.00** Shopping. **4.30**
 CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 Freddie Flintoff: The Gloves Are
 Off. (PG) **9.00** Cheers. (PG) **10.00**
 Scorpion. (PG) **11.00** Bondi
 Rescue. (PG) **12.00** Pointless.
12.30 Hogan's Heroes. **1.00** NCIS.
 (M) **2.00** NCIS: Los Angeles.
 (M) **3.00** MacGyver. (PG) **4.00**
 Diagnosis Murder. (PG) **5.00**
 Star Trek: The Next Generation.
 (PG) **6.00** Hogan's Heroes. **6.30**
 Bondi Rescue. (PG) **7.30** Walker,
 Texas Ranger. (M) **8.30** NCIS: Los
 Angeles. (M) **10.30** Shark Tank.
 (PG) **11.30** CSI: NY. (M) **12.30**
 Home Shopping. **2.00** Star Trek:
 The Next Generation. (PG) **3.00**
 Walker, Texas Ranger. (M) **4.00**
 Diagnosis Murder. (PG) **5.00** The
 Doctors. (M)

ABC

6.00 News. **9.00** ABC News
 Mornings. **10.00** Antiques
 Roadshow. **11.00** Gardening Aust.
12.00 ABC News At Noon. **12.30**
 Press Club. **1.30** Aust Story. **2.00**
 The Honourable Woman. (M) **3.00**
 Murder, She Wrote. (PG) **3.45**
 The Cook And The Chef. **4.15**
 Pointless. **5.00** ABC News At Five.
5.10 Drum. **6.00** Think Tank. **7.00**
 ABC News. **7.30** 7.30. **8.00** Anh's
 Brush With Fame. (PG) **8.30** The
 Weekly With Charlie Pickering. (M)
9.00 You Can't Ask That. (MA15+)
9.30 Adam Hills: The Last Leg.
10.15 Tonightly With Tom Ballard.
 (M) **10.45** ABC Late News. **11.15**
 The Business. **11.30** Four Corners.
12.15 Media Watch. (PG) **12.35**
 Rage. (MA15+) **3.15** National
 Press Club Address. **4.15** Antiques
 Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.50**
 Andy's Prehistoric Adventures.
7.05 Ben And Holly. **7.20** Shaun
 The Sheep. **7.30** Spicks And
 Specks. (PG) **8.00** Absolutely
 Fabulous. (PG) **8.30** Absolutely
 Fabulous. (PG) **9.00** Upper Middle
 Bogan. (M) **9.30** Tonightly With
 Tom Ballard. (M) **10.00** An Idiot
 Abroad. (M) **10.45** Peep Show.
 (M) **11.10** Workaholics. (MA15+)
11.35 Archer. (M) **11.55** The
 Office. (PG) **12.20** 30 Rock. (M)
12.40 Parks And Recreation.
 (PG) **1.00** Tonightly With Tom
 Ballard. (M) **1.30** Peep Show. (M)
2.00 Workaholics. (M) **2.20** The
 Office. (PG) **2.40** Archer. (M) **3.00**
 News Update. **3.05** Close. **5.00**
 The WotWots. **5.10** Arthur. **5.35**
 Gumboot Kids. **5.40** Bottle Top
 Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **9.30** Greek
 News. **10.30** German News.
11.00 Spanish News. **12.00** Arabic
 News F24. **12.30** Turkish News.
1.00 PBS News. **2.00** Rectify. (PG)
2.55 Dateline. **3.25** Insight. **4.25**
 Michael Mosley: Queen Victoria's
 Slum. (PG) **5.30** Letters And
 Numbers. **6.00** Chefs' Line. **6.30**
 News. **7.30** Railway Journeys UK.
8.00 Food Safari Water. (PG) **8.30**
 Mont Saint-Michel, Scanning The
 Wonder. **9.30** Miniseries: Dead
 Lucky. (M) **10.35** Taboo. (M) **11.45**
 SBS News. **12.15** Movie: Going
 To Brazil. (MA15+) (2016) **2.00**
 The Bridge. (M) **3.10** The Bridge.
 (M) **4.00** Food Lover's Guide.
4.55 Food Safari Fire: Bitesize.
5.00 CGTN English News. **5.15**
 NHK World English News. **5.30**
 Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian
 News. **9.30** Serbian News. **10.00**
 Dutch News. **10.30** African News.
11.00 NHK Japanese News. **11.35**
 Hindi News. **12.00** Movie: Once
 Upon A Time In Anatolia. (M)
 (2011) **2.50** Fashionista. **3.00**
 Over The Black Dot. **4.05** News.
4.35 PBS News. **5.30** If You Are
 The One. **6.35** MythBusters. **7.30**
 The Feed. **8.00** South Park. **8.30**
 Movie: Altered States. (MA15+)
 (1980) **10.25** Movie: The Hunger.
 (M) (1983) **12.10** News. **12.35**
 Unplanned America. (MA15+)
1.05 Rise. (M) **1.55** The Trixie
 & Katya Show. (MA15+) **2.20**
 France 24. **3.00** Thai News.
3.30 Bangla News. **4.00** Punjabi
 News. **4.30** Sri Lankan Sinhalese
 News. **5.00** Korean News. **5.30**
 Indonesian News.



MOVIES

6.10pm Snowden
 (2016) Biography.
 Joseph Gordon-Levitt,
 Melissa Leo. (M)

Premiere
8.30pm Suicide

Squad (2016) Action.

Will Smith, Margot

Robbie, Viola Davis.

A secret government

agency recruits a

group of incarcerated

supervillains to

stop a powerful

ancient entity. (M)

Premiere

10.40pm Bad Moms

(2016) Comedy. Mila

Kunis, Kristen Bell.

(MA15+) Premiere

GENERAL

7.30pm The Last

Ship. (MA15+) FX

8.30pm Ray

Donovan. (MA15+)

Showcase

10.30pm

Thronecast.

(MA15+) Showcase

DOCUMENTARY

7.30pm Shark Tank.

(PG) Discovery

8.30pm Top Ten

Warfare. (PG) History

9.30pm What On

Earth? (PG) Discovery

SPORT

8.00pm Cricket.

Fourth Test. England

v South Africa. Day 5.

Fox Sports 505

9.00pm The

Greatest. Fox Footy

11.00pm Cycling.

UCI World Tour.

BinkBank Tour.

Stage 2. Voorburg

to Voorburg.

Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Kevin Can Wait. (PG)
2.00 The Block. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.00**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 Thursday Night Football Preview.
7.50 Rugby League. NRL. Round
 22. North Queensland Cowboys
 v Brisbane Broncos. From
 1300Smiles Stadium, Queensland.
9.45 The NRL Footy Show. (M)
11.00 The AFL Footy Show. (M)
1.30 TV Shop: Home Shopping.
2.30 Global Shop. **3.00** Extra. **3.30**
 A Current Affair. **4.00** The Ellen
 DeGeneres Show. (PG) **5.00** News
 Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00**
 Friends. (PG) **12.00** Total Divas.
 (M) **1.00** Baggage Battles. (PG)
2.00 Children's Programs. **3.00**
 Pokémon The Series: Sun & Moon.
3.30 Ninjago. (PG) **4.00** Kids' WB.
 (PG) **4.05** The New Looney Tunes.
4.30 Ben 10. (PG) **5.00** Adv Time.
 (PG) **5.30** Regular Show. (PG)
6.00 Friends. (PG) **7.00** Big Bang.
 (PG) **8.30** Movie: The Shallows.
 (M) (2016) **10.15** Big Bang. (PG)
11.45 WWE Raw. (MA15+) **12.45**
 Friends. (PG) **1.15** Harvey Birdman:
 Attorney At Law. (M) **1.30** Black
 Jesus. (MA15+) **2.00** Adv Time.
 (PG) **2.30** Regular Show. (PG) **3.00**
 Ben 10. (PG) **3.30** Beyblade Burst
 Evolution. **4.00** The New Looney
 Tunes. **4.30** Yu-Gi-Oh! (PG) **4.50**
 Wild Kratts. **5.10** Regal Academy.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: Obsession. (M) (2011) **2.00**
 Daily Edition. **3.00** The Chase.
4.00 News. **5.00** The Chase Aust.
6.00 News. **7.00** Home And Away.
 (PG) **7.30** The Single Wives. (M)
8.45 Beach Cops. (PG) Return.
 Follows NSW police officers on the
 beat on Sydney's iconic northern
 beaches, from Manly to Palm
 Beach. **9.15** Surveillance Oz. (PG)
 Return. A child slips between the
 train and the track. Things go
 wrong in a carpark. **9.45** World's
 Deadliest Weather: Caught On
 Camera. (PG) Return. **10.45**
 Ramsay's Kitchen Nightmares USA.
 (M) **11.45** Autopsy USA. (MA15+)
12.45 Marry Me. (M) **1.15** Marry
 Me. (M) **2.00** Shopping. **4.00** NBC
 Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Beat Bugs. **7.30**
 Drop Dead Weird. **8.00** Pipsqueaks.
8.30 Million Dollar Minute. **9.30**
 NBC Today. **12.00** Judge John
 Deed. (M) **2.00** Million Dollar
 Minute. **3.00** Harry's Practice.
3.30 Auction Squad. **4.30** Animal
 Rescue. **5.00** Medical Emergency.
 (PG) **5.30** Escape To The Country.
6.30 Bargain Hunt. (PG) **7.30**
 Father Brown. (M) Father Brown
 investigates a 13-year-old case.
8.30 Murdoch Mysteries. (M)
 Murdoch and his colleagues are
 put in a deadly situation when they
 try to help a factory owner. **11.30**
 Medical Emergency. (PG) **12.00**
 Animal Rescue. **12.30** Psychic TV.
 (M) **3.30** Harry's Practice. **4.00**
 Million Dollar Minute. **5.00** Escape
 To The Country.

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Pointless. **8.30** Studio 10. (PG)
12.00 Dr Phil. (M) **1.00** To Be
 Advised. **2.30** Neighbours. (PG)
3.00 Judge Judy. (PG) **3.30** Alive
 And Cooking. **4.00** Everyday
 Gourmet. **4.30** Bold. (PG) **5.00**
 News. **6.00** Pointless. **6.30** The
 Project. **7.30** Australian Survivor.
 From illness to dummy spits, time
 in isolation is starting to take its
 toll on some of the castaways.
9.00 Law & Order: S.V.U. (M)
 The squad embarks on a frantic
 search for Benson's son after he is
 kidnapped. **10.00** Blue Bloods. (M)
 A man who was living a double
 life is murdered. **11.00** Blue
 Bloods. (M) **12.00** The Project.
1.00 Stephen Colbert. (PG) **2.00**
 Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 MacGyver. (PG) **9.00** Cheers. (PG)
10.00 Scorpion. (PG) **11.00** Bondi
 Rescue. (PG) **12.00** Pointless.
12.30 Hogan's Heroes. **1.00** NCIS.
 (M) **2.00** NCIS: Los Angeles.
 (M) **3.00** MacGyver. (PG) **4.00**
 Diagnosis Murder. (PG) **5.00** Star
 Trek: The Next Generation. (PG)
6.00 Hogan's Heroes. **6.30** Bondi
 Rescue. (PG) **7.30** Walker, Texas
 Ranger. (M) **8.30** Cops: Adults
 Only. (PG) **9.00** Movie: Missing In
 Action II. (M) (1985) Chuck Norris,
 Soon-Teck Oh, Steven Williams.
11.00 Instinct. (M) **12.00** Home
 Shopping. **2.00** Star Trek: The Next
 Generation. (PG) **3.00** Cheers. (PG)
4.00 Diagnosis Murder. (PG) **5.00**
 The Doctors. (M)

ABC

6.00 News. **9.00** ABC News
 Mornings. **10.00** Antiques
 Roadshow. **11.00** Gardening Aust.
12.00 ABC News At Noon. **1.00**
 The Farthest. **2.00** The Honourable
 Woman. (M) Final. **3.00** Murder,
 She Wrote. (PG) **3.45** The Cook
 And The Chef. (PG) **4.15** Pointless.
5.00 ABC News At Five. **5.10**
 Drum. **6.00** Think Tank. (PG) **6.55**
 Sammy J. **7.00** ABC News. **7.30**
 7.30. **8.00** Grand Designs Aust.
 (PG) **8.50** Everyone's A Critic.
 (PG) **9.20** Victoria. (PG) Final.
10.10 ABC Late News. **10.40** The
 Business. **11.00** Cuffs. (M) **11.55**
 New Blood. (M) **12.55** Movie:
 The Outlaw Michael Howe. (M)
 (2013) **2.15** Golf. PGA Tour. WGC-
 Bridgestone Invitational. Highlights.
3.15 Cuffs. (M) **4.15** Antiques
 Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.50**
 Andy's Prehistoric Adventures.
7.05 Ben And Holly. **7.20** Shaun
 The Sheep. **7.30** Spicks And
 Specks. (PG) **8.00** The Weekly.
 (M) **8.30** Sammy J. **8.35** The
 Letdown. (M) **9.05** Upper Middle
 Bogan. (M) Final. **9.35** Tonightly
 With Tom Ballard. (M) **10.05** Very
 Small Business. (M) **10.35** Peep
 Show. (M) **11.00** Workaholics.
 (M) **11.20** Archer. (M) **11.45** The
 Office. (PG) **12.10** 30 Rock. (PG)
12.30 Parks And Recreation. (PG)
12.50 Tonightly With Tom Ballard.
 (M) **1.20** Peep Show. (M) **1.45**
 Workaholics. (MA15+) **2.10** The
 Office. (PG) **2.30** Archer. (M) **2.55**
 News Update. **3.00** Close. **5.00**
 The WotWots. **5.10** Arthur. **5.35**
 Gumboot Kids. **5.40** Bottle Top
 Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **9.30** Greek
 News. **10.30** German News.
11.00 Spanish News. **12.00** Arabic
 News F24. **12.30** Turkish News.
1.00 PBS News. **2.00** Living Black.
2.30 The Marngrook Footy Show.
4.00 Moorish Spice Journey.
4.30 First Britons. **5.30** Letters
 And Numbers. **6.00** Chefs' Line.
6.30 News. **7.30** Tony Robinson:
 Britain's Ancient Tracks. **8.30**
 Batavia Revealed: Shipwreck
 Psycho. **9.35** Tonya Harding: The
 Price Of Gold. (PG) **11.05** SBS
 News. **11.35** Movie: The Keeper
 Of Lost Causes. (MA15+) (2013)
1.20 The Bridge. (MA15+) **2.30**
 The Bridge. (MA15+) **3.35** One
 Born Every Minute. (M) **4.30** Food
 Lover's Guide. **5.00** CGTN English
 News. **5.15** NHK World English
 News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi
 News. **12.00** Movie: Life, Above
 All. (M) (2010) **1.55** Rise. (PG)
2.45 The Ice Cream Show. (PG)
3.10 The Pizza Show. (PG) **3.35**
 Dateline. **4.05** News. **4.35** PBS
 News. **5.35** If You Are The One.
6.35 MythBusters. (PG) **7.30**
 The Feed. **8.00** News. **8.30** Full
 Frontal. (MA15+) **9.00** A LEGO
 Brickumentary. (PG) **10.45** Rum:
 The Thirsty Road. New. **11.15**
 Rum: The Thirsty Road. **11.40**
 Rum: The Thirsty Road. **12.05**
 News. **12.35** The Trixie & Katya
 Show. (MA15+) **1.00** Walking
 Heavy. (M) **1.50** Big Night Out. (M)
2.40 Deutsche Welle. **3.00** Thai
 News. **3.30** Bangla News. **4.00**
 Punjabi News. **4.30** Sri Lankan
 Sinhalese News. **5.00** Korean
 News. **5.30** Indonesian News.



MOVIES

**6.40pm Hot Tub
 Time Machine**
 (2010) Comedy.
 John Cusack, Craig
 Robinson. (MA15+)
Comedy
**8.30pm Keeping Up
 With The Joneses**
 (2016) Action. Zach
 Galifianakis, Isla
 Fisher. (M) *Premiere*
8.30pm Red Dawn
 (2012) Action. Chris
 Hemsworth, Isabel
 Lucas. (M) *Action*
GENERAL
7.30pm Aquarius.
 (MA15+) FX
**8.30pm Below Deck
 Mediterranean.** (M)
 Arena
**10.30pm The
 Tonight Show
 Starring Jimmy
 Fallon.** (M) *E!*
DOCUMENTARY
**8.30pm Say Yes
 To The Dress: UK.**
 (PG) TLC
**8.30pm Yukon
 Men.** (M) *Discovery*
**9.30pm How The
 World Ends.** (PG)
 History
SPORT
**8.30pm NBA: The
 Jump.** ESPN
9.30pm AFL 360.
 Fox Footy
**11.00pm Rugby
 Union.** Women's
 World Cup. England
 v Spain. *Fox Sports*
 501
11.00pm Cycling.
 UCI World Tour.
 BinckBank
 Tour. Stage 3.
 Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Cup. (PG) (2011) Stephen Curry, Jodi Gordon. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Friday Night Football Preview. **7.55** Rugby League. NRL. Round 22. South Sydney Rabbitohs v Sydney Roosters. From ANZ Stadium, Sydney. **10.45** Movie: The Usual Suspects. (MA15+) (1995) Kevin Spacey, Gabriel Byrne, Chazz Palminteri. A crook, the survivor of a massacre aboard a boat docked at the Port of Los Angeles, is interrogated by the police. **1.00** Extra. **1.30** TV Shop. **2.30** Filthy Rich. (M) **3.30** Skippy. **4.00** Global Shop. **4.30** Avengers. (PG) **5.30** ACA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Baggage Battles. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** The New Looney Tunes. **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Movie: Open Season 2. (PG) (2008) **7.30** Movie: How To Train Your Dragon. (PG) (2010) **9.25** Movie: Daredevil. (M) (2003) **11.30** WWE Smackdown. (MA15+) **12.30** Total Divas. (M) **1.30** Black Jesus. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** The New Looney Tunes. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Borderline Murder. (M) (2011) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Adam meets up with Ben Belzunce, who makes decorative plaster ceilings, archways and more. **8.30** Movie: The Bourne Legacy. (M) (2012) Jeremy Renner, Rachel Weisz, Edward Norton. A top-secret government project, involving the creation of super soldiers, is threatened with exposure. **11.15** To Be Advised. **12.15** Movie: The End Of Eden. (M) (1996) Jennie Garth, Rob Estes. A pianist returns to his roots. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Beat Bugs. **7.30** Drop Dead Weird. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Border Security USA. (PG) **8.30** Australia's Amazing Homes. (PG) Three experts try to find Australia's best homes. **9.30** 60 Minute Makeover. (PG) **10.30** Building The Dream. **11.30** Border Security USA. (PG) **12.30** Medical Emergency. (PG) **1.00** Psychic TV. (M) New. **4.00** Late Programs. **5.00** Escape To The Country.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Jason Cunningham talks finance. Barry visits one of Sydney's most sustainable homes. **8.30** Have You Been Paying Attention? (M) Special guests include Anjelah Johnson, Marty Sheargold and Kitty Flanagan. **9.30** To Be Advised. **10.00** To Be Advised. **10.30** Shark Tank. (PG) Final. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Whacked Out Sports. (PG) **8.20** Motorcycle Racing. MotoGP. Race 10. Czech Republic Grand Prix. Replay. From Brno, Czech Republic. **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Pointless. **12.30** Hogan's Heroes. **1.00** NCIS. (M) **2.00** NCIS: Los Angeles. (M) **3.00** MacGyver. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Hogan's Heroes. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Gardening Australia. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Correspondent. **2.00** New Blood. (M) **3.00** Murder, She Wrote. (PG) **3.45** Teenage Boss. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Killing Eve. (M) **9.15** Marcella. (MA15+) **10.00** Deadlock. (M) **10.20** ABC Late News. **10.50** The Business. **11.05** The Weekly With Charlie Pickering. (M) **11.35** Planet America. **12.20** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Gruen XL. (PG) **9.15** Detectorists. (M) **9.45** Tonightly With Tom Ballard: Best Of The Week. (M) **10.15** Blackadder II. (PG) **10.45** Peep Show. (M) **11.10** Workaholics. (M) **11.35** Archer. (MA15+) **11.55** The Office. (PG) **12.20** 30 Rock. (PG) **12.40** Parks And Recreation. (PG) **1.05** Tonightly With Tom Ballard: Best Of The Week. (M) **1.30** Peep Show. (M) **2.00** Workaholics. (M) **2.20** The Office. (PG) **2.45** Archer. (M) **3.10** News Update. **3.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** Gumbot Kids. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Gamma Wrap. **3.30** Classic Floyd: Floyd Around The Med. **4.00** Classic Floyd: Floyd Around The Med. (PG) **4.30** Madame Tussaud: A Legend In Wax. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.35** Extreme Railway Journeys. **8.30** Movie: Munich. (MA15+) (2005) **11.30** SBS News. **12.00** Movie: A Blast. (MA15+) (2014) **1.30** Ride Upon The Storm. (M) **2.40** Ride Upon The Storm. (M) **3.50** The Legacy. (MA15+) **4.55** Food Safari Fire: Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Remington And The Curse Of The Zombadings. (M) (2011) **1.45** Earthworks. (PG) **2.35** The Ice Cream Show. (PG) **3.05** The Pizza Show. **3.35** Dateline. **4.05** News. **4.35** WorldWatch. **5.35** If You Are The One. (PG) **6.35** Rise Of The Machines. **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Behind The Blue Line: Untold Australia. (M) **9.30** 40 Kids By 20 Women. **10.30** King Of The Road. (MA15+) **11.25** 3AM: Sex, Drugs, New York. (MA15+) **12.00** 3AM: Sex, Drugs, New York. (MA15+) **12.35** News. **1.00** The Trixie & Katya Show. (MA15+) **1.25** PopAsia TV. (PG) **2.25** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.25pm Star Trek Beyond (2016) Sci-fi. Chris Pine, Karl Urban. The Starship Enterprise is despatched on a rescue mission when they are ambushed by a ruthless enemy. (M) *Premiere*

8.30pm Lost In Translation (2003) Drama. Bill Murray, Scarlett Johansson. (PG) *Masterpiece*

10.15pm Dick Tracy (1990) Action. Madonna, Warren Beatty. (PG) *Action*

GENERAL
7.30pm Homeland. (MA15+) *FX*

8.30pm Suits. (M) *Universal Channel*

9.30pm Botched. (MA15+) *E!*

DOCUMENTARY
7.30pm Aussie Gold Hunters. (PG) *Discovery*

9.30pm Rachel Hunter's Tour Of Beauty. *Lifestyle You*

SPORT
7.50pm Rugby League. NRL. Round 23. South Sydney Rabbitohs v Canterbury Bulldogs. *Fox League*

9.00pm Tennis. ATP World Tour Masters 1000. Coupe Rogers. Second round. *ESPN*

11.00pm Cycling. UCI World Tour. BinkBank Tour. Stage 4. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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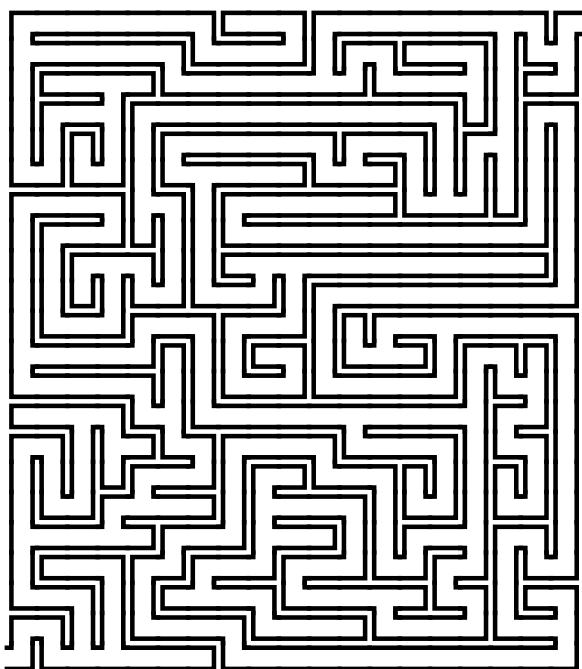


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Crossword 7001

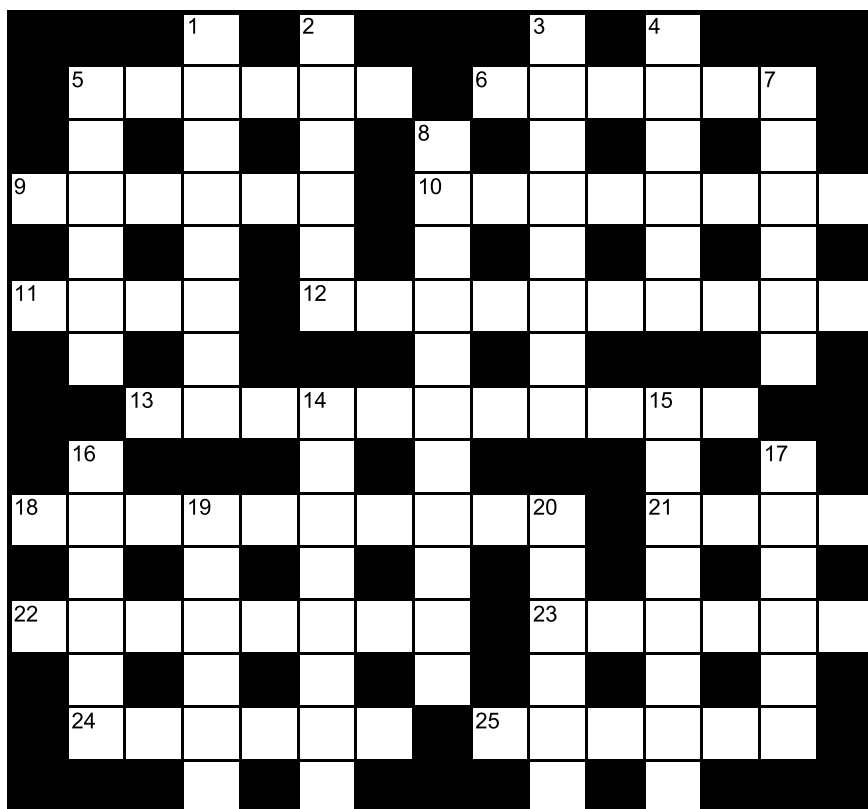
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ACROSS

- 5 Health care facility
- 6 Bank official
- 9 Develop
- 10 Use an earlier date
- 11 Jab
- 12 In a vivified manner
- 13 Several things grouped together
- 18 Woman presiding at a meeting
- 21 Let fall accidentally
- 22 Large bottle with short neck
- 23 Canvas canopy over footpath
- 24 Shoddy or inferior merchandise
- 25 Frightened

DOWN

- 1 Carrying bag for knickknacks
- 2 Movie House
- 3 Retail trader
- 4 Promise solemnly
- 5 Sizeable hole in the ground
- 7 Baby's toy
- 8 Short version of written work
- 14 Holder on boat for oars
- 15 Not exceptional in quality
- 16 Cord of twisted cotton
- 17 Connected, coupled
- 19 Sword lilies
- 20 Nicety



NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

And it was a 'Merry Christmas in July' as 53 of us set off for an absolutely marvellous day to Mount Tamborine. First stop...Mt Tamborine main street where we went every which way to either have some morning tea or do a spot of shopping.

Then it was back on the bus for our short journey to the Fox & Hounds Country Inn at Wongawallan. It was like stepping into Christmas when we walked into our function room. There was a huge Christmas tree, crackling fire, decorations and Christmas crackers. Our two course lunch was just delicious and that was followed by the drawing of the raffle prizes that our hard-working Raffle Committee had brought all the way with them.

On the way home we made a stop at Yatala Pies where we made a line-up almost outside the door. There would have been many ovens working all around the Moreton Bay area that night as pies were heated up for dinner.

And so ended another epic day in the life of the North Lakes Community Women's Group.

Tuesday 7th August, 10am - General Meeting followed by a Guest Speaker from Gait Way Podiatry. Visitors welcome.

Tuesday 14th August, 10am - Craft & Market Day. A few 'pop-up' shops will be selling locally made goods for our Market Day. For the craft portion of the day, a few of our more talented members will be holding small workshops on such things as drawing and wine glass decoration. Or you can just come along for a chat. Visitors welcome.

Tuesday 21st August, 10am - Today we will welcome a Guest Speaker from The Travel Team (Over 50's travel specialists). Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill-Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

GOOD GROWTH NEEDS GOOD PLANNING

The call from outgoing Infrastructure Australia (IA) chief executive Philip Davies for more discipline on infrastructure planning needs to be heeded by all levels of government if Australia is to grow successfully.

"At a time of rapid growth in our major cities, it's essential we have the right plans, supported by evidence-based decision-making processes, to have the right infrastructure in the right place at the right time," said Ken Morrison, Chief Executive of the Property Council of Australia.

"Growth will deliver great economic and social benefits for Australia if it is supported by good planning and decision-making," Mr Morrison said.

"The concerns of Australians about the liveability of our growing cities are understandable, and they're rightly sceptical about the big project announcements by government that are not delivered or don't produce the benefits they promised.

"That is why the independent and expert role of Infrastructure Australia in assessing and advising on our infrastructure priorities is so important.

"We should always be asking the question of government: how does this project stack up against the IA priority list, and what is the business case for supporting it?"



"Without that level of scrutiny, we run the risk of our infrastructure falling further behind the growth curve and Australians becoming even more disillusioned about the capacity of governments to manage growth."

Mr Morrison said the publication today of IA's 'Infrastructure Decision-making Principles' was a welcome step in promoting a better informed, evidence-based decision-making approach on infrastructure funding.

"All Australians have a role to play in making decisions on the best infrastructure projects to support our growing country, boosting productivity and improving our quality of life.

"IA plays an incredibly important role in promoting better informed, more transparent on infrastructure investment, and Australians shouldn't hold back in bringing their governments to account on how they spend taxpayer money on major projects," Mr Morrison said.

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PROTECTING YOUR HOME DURING AND AFTER RENOVATIONS

Australians love renovating, but some important things can be overlooked

It's no secret that the rise in home renovation programs such as the Block and House Rules has driven a huge demand in DIY-style renovations across Australia and the trend is here to stay.

With the growing cost of living and rising house prices helping to fuel the DIY renovation craze research indicates that one in three Aussies are considering renovating their property in the next five years.

According to Allianz Australia Property Assessing Manager, Geordie Elliott, despite the popularity of DIY, many Aussie's dive head-first into renovations without proper planning, jeopardising the very thing they're working so hard to perfect, their home.

"We all want the dream home, with the landscaped garden and the perfect paint job, but we're forgetting to protect our home during the process – and beyond," explains Geordie.

While insurance may not be at the top of everyone's renovation list, Geordie suggests four simple steps that Aussies can take to ensure their home is protected for years to come.

KNOW YOUR COVER

Many people diving head-first into renovations simply assume their current home and contents policy will offer protection during renovations. What some don't realise is that there are certain elements to a



renovation that can influence their cover. For example, if you opt to vacate your home during construction for more than 60 days, your policy may not be valid. There's one simple way to avoid any surprises along the way, and that's to follow step two.

PICK UP THE PHONE

It's a simple step that many Aussies forget to take – calling their insurance company to let them know they're planning to renovate. There are no changes to the cover on your existing policy unless the renovations you are planning to do are going to cost more than what your policy limits allow, in which case you may need to explore an additional construction policy with your insurer to confirm you're protected along the way.

For many homeowners, a large scale renovation would usually involve a licensed builder with their own insurances – though it's important to check these too, so you can rest easy during the build.

DETAILS, NOT JUST DECORATIONS

While a throw cushion and a fresh lick of paint are fabulous finishing touches, it's the details and not just

the decorations which are important to address in every renovation, regardless of the scale of work that you're doing.

Use the renovations as an opportunity to replace loose roof tiles or timeworn guttering and do a simple check of old taps and flexi hoses (a plumbing connection from the water main to major appliances, sinks and toilets that is one of the top reasons for water damage to a home). The cost to do so is often less than your excess in the unfortunate event that you need to make a claim. By being proactive about the smaller details through the renovation process, you can protect yourself from the hassle, cost and emotional toll of a major insurance claim down the track.

PROTECT THE PRIZE

You've wrapped the renovation and are planning the house warming party, now's the time to protect all your hard work. Whether you've invested \$5,000 or \$500,000 into your modern home upgrade, it's important to review and update your home and contents insurance cover to ensure you wouldn't be out of pocket in a claim by relying on your old policy.

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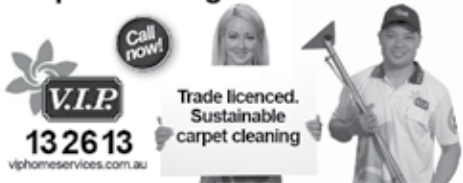
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